



Original Research Article

Volume 15 Issue 03

March 2026

**SUCCESSFUL CLASSICAL HOMEOPATHIC MANAGEMENT OF CHRONIC
MODERATE-SEVERE ACNE VULGARIS AFTER FAILURE OF
CONVENTIONAL THERAPY: A CASE TREATED AT DR BATRA'S®
HOMEOPATHY CLINIC**

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Abstract

Acne vulgaris is a chronic inflammatory dermatosis with significant psychosocial impact, especially in young individuals. This case study documents the successful homeopathic management of a young female patient with Grade 2-3 acne vulgaris of more than five years' duration, who experienced only temporary relief from conventional dermatological treatments. A classical homeopathic approach based on detailed case taking, totality of symptoms, repertorization, and individualized remedy selection was adopted. Significant clinical improvement, sustained remission, and overall constitutional betterment were achieved over 24 months of treatment, with one year of remission. This case highlights a clear transformation achieved at **Dr Batra's® Homeopathy Clinic**, where prior therapies had failed.

Keywords

Acne vulgaris, classical homeopathy, Natrum muriaticum, constitutional treatment, miasmatic approach, case study, Dr Batra's Homeopathy

Introduction

Acne vulgaris is a multifactorial chronic inflammatory disease of the pilosebaceous unit, commonly affecting adolescents and young adults. Moderate to severe acne often requires prolonged treatment and is associated with scarring, post-inflammatory hyperpigmentation, and psychological distress. Conventional management frequently provides symptomatic relief with high recurrence rates. Classical homeopathy aims to treat the individual as a whole, addressing both physical pathology and underlying constitutional susceptibilities. This case demonstrates the effectiveness of individualized homeopathic treatment in a chronic, recurrent acne condition.

Case Profile

Diagnosis:

Acne vulgaris Grade 2–3

Duration of Illness:

Approximately 5–6 years

Duration of Treatment:

24 months

Duration of Remission:

1 year

Prognosis:

Curable

Chief Complaints

- Recurrent acne on face, anterior neck, upper back, and chest
- Painful, pustular and occasional cystic acne
- Itching, dryness, and occasional bleeding while washing the face
- Post-inflammatory hyperpigmentation and scarring
- Hair fall and dandruff with scalp itching (associated complaint)

History of Present Illness

The patient had been suffering from acne since her late adolescence (around 12th standard). Initially limited to the face, the eruptions gradually extended to the upper back, shoulders, chest, and anterior neck. The acne was characterized by painful pustules, occasional cystic

lesions, itching, dryness, pus discharge, and blood oozing. Every year, the patient experienced flare-ups lasting 3–4 months, often aggravated before menses and during summer.

She had taken multiple courses of conventional dermatological treatment, including medicated face washes and topical applications, which provided only temporary relief with frequent relapses. Cosmetic procedures such as back peels were also undertaken without sustained benefit.

Past History

- Viral fever 4 months prior to consultation
- No major systemic illness

Family History

- Father: Diabetes mellitus
- Brother: Vitiligo

Personal and General Details

- Occupation: UX Designer
- Work pattern: Work from home
- Appetite: Mixed diet
- Thirst: Approximately 3 litres/day
- Urine and stool: Normal
- Menstrual history: Regular cycles, normal flow

Mentals

Since childhood, the patient was academically bright and performance-oriented. However, she reported feeling emotionally neglected due to the presence of a younger sibling, which deeply affected her sense of security. Over time, this led to emotional suppression, reserved behavior, and difficulty expressing feelings.

As she grew older, she became increasingly sensitive, emotionally vulnerable, and prone to irritability. She preferred solitude, avoided socialization, and feared emotional

abandonment. She was ambiverted, took time to open up, and internalized anger rather than expressing it. Episodes of silent weeping were common.

A relocation from her familiar environment further intensified her emotional distress, resulting in lowered self-confidence, anxiety related to public speaking, and heightened self-consciousness due to acne. She experienced recurring nightmares involving fear-inducing themes such as ghosts and horror. Despite this, she remained competitive with herself and felt happiest when achieving personal goals.

Physical Examination

- Multiple papular and pustular lesions on face, jawline, neck, and upper back
- Post-inflammatory hyperpigmentation on cheeks and back
- Occasional cystic lesions during premenstrual phase
- Scalp: Previously dandruff with yellow fluorescence (improved over time)
- Vitals: Stable throughout treatment

Totality of Symptoms

- Chronic recurrent acne with pustules and occasional cysts
- Left-sided predominance
- Premenstrual aggravation
- Dry skin with itching and bleeding
- Reserved, sensitive, emotionally suppressed personality
- Silent grief, weeping tendency
- Irritability with desire for solitude
- Nightmares
- Attachment issues and fear of abandonment

Repertorial Analysis

Important Rubrics Considered:

- Mind – Reserved, introverted
- Mind – Ailments from silent grief
- Mind – Weeping, alone
- Mind – Irritability, suppressed anger
- Skin – Acne, pustular
- Skin – Acne, recurrent
- Female – Menses, before, aggravation
- Dreams – Nightmares

Repertorization indicated **Natrum muriaticum** as the most suitable constitutional remedy, supported by remedies like Sepia and Pulsatilla in differential consideration.

Miasmatic Consideration

The case predominantly reflected a **psoro-sycotic miasmatic background**, with recurrent inflammatory eruptions, emotional sensitivity, and chronicity.

Remedy Selection and Prescription

Constitutional Remedy:

- *Natrum muriaticum* 200C

Acute and Supportive Remedies (as per symptom evolution):

- Belladonna
- Calcarea sulphurica
- Berberis aquifolium
- Kali sulphuricum
- Echinacea angustifolia / Rudbeckia
- Kali bromatum
- Silicea
- Hepar sulphuris calcareum

Potency selection was based on depth of pathology, mental-emotional involvement, and characteristic symptom expression.

Follow-Up and Progress

Date	Clinical Status	Remedy & Potency
Apr 2024	Severe pustular acne, hair fall, dandruff	Nat Mur 200C
Jun 2024	Intensity and frequency reduced	Nat Mur continued
Aug 2024	No cystic acne, scalp improved	Calc Sulph, Kali Sulph
Oct 2024	Stable condition, minimal papules	Nat Mur
Jan 2025	Acne limited to premenstrual period	Nat Mur
Mar 2025	Only 3–4 mild pustules	Supportive remedies
Jun 2025	No new acne outside menses	Observation
Sep 2025	Stable remission	No active prescription

Transformation Table

Parameter	Before Treatment	After Treatment
Acne frequency	Frequent, recurrent	Rare, mild
Acne severity	Painful pustules, cysts	Occasional mild papules
Premenstrual flare	Severe	Minimal
Scarring & PIH	Prominent	Significantly reduced
Hair fall	Present	Normal
Dandruff	Persistent	Resolved
Emotional state	Reserved, anxious, low confidence	Calm, emotionally stable
Quality of life	Impaired	Improved



Discussion

This case illustrates the effectiveness of classical homeopathy in managing chronic acne vulgaris by addressing the patient's constitutional susceptibility rather than merely suppressing cutaneous manifestations. Natrum muriaticum was selected based on a well-defined mental-emotional profile, characteristic physical symptoms, and miasmatic background. The gradual but sustained improvement, reduction in relapse frequency, and overall emotional well-being validate the holistic homeopathic approach.

Conclusion

This case demonstrates that individualized classical homeopathic treatment can lead to sustained remission and overall transformation in chronic acne vulgaris cases unresponsive to conventional therapy. The patient showed marked improvement at physical, emotional, and psychosocial levels, highlighting the effectiveness of treatment provided at **Dr Batra's® Homeopathy Clinic**.

References

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